

## AMENDMENTS TO THE CLAIMS

The following listing of claims replaces all prior versions, and listings of claims in this application.

1. (Currently amended) A method for creating an adapted insole for preventing skin stretching of a foot at a metatarsal heads area, said method comprised of:  
  
creating a positive cast of the foot ~~in plaster~~;  
  
creating a specially designed insert on the positive cast, wherein said insert ~~covers~~ creates a space in the five metatarsal heads area of a forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending and reduced pressure of the five metatarsal heads area of the forefoot during gait, resulting in prevention of skin stretching at the metatarsal heads area of the foot;  
  
and  
  
creating an orthopedic insole from the cast, wherein said orthopedic insole ~~includes~~ is molded on the specially designed insert.
2. (Previously presented) The method of claim 1 wherein the specially designed insert has a size between 3 mm and 35 mm.
3. (Previously presented) The method of claim 1 wherein said orthopedic insole is adapted to fit a personal foot structure of an individual person based on a special cast made from the individual person.
4. (Previously presented) The method of claim 1 wherein said orthopedic insole is adapted to fit a given one of a plurality of standard shoe sizes, said specially designed insert having a given size selected from a plurality of sizes available in each of said standard shoe sizes.

Claims 5-8 (Cancelled)